

## CLAIMS

1. A method for regenerating an adsorbent by desorbing an adsorbed substance which has been adsorbed to the adsorbent through heating, wherein said method is a heat-regeneration method of the adsorbent which comprises irradiating a microwave or applying a high-frequency wave to the adsorbent containing the adsorbed substance in the presence of a magnetic material having a Curie point of from 50 to 350°C to thereby allow the magnetic material to generate heat and to simultaneously heat the adsorbent by the generated heat.
2. The method according to claim 1, wherein the adsorbent contains the magnetic material in a dispersed state.
3. The method according to claim 1, wherein the adsorbent containing no magnetic material is kept in the form of a packed bed and the magnetic material is dispersed in the packed bed.
4. An adsorbent comprising an adsorbent and a magnetic material, wherein the magnetic material has a Curie point of from 50 to 350°C.